

Reading strategies

Zoom in, read the text below and write te correct word from the word bank.

Internal

Assumptions

Competence

Assumptions

Purpose

Social media has become an integral part of most teenagers' lives. While it offers opportunities for connection and self-expression, it also presents challenges to adolescent well-being. One key concern is the potential impact on mental health. Studies suggest that excessive social media use can be associated with increased anxiety, depression, and low self-esteem. This may be due to the curated nature of online profiles, which can lead teenagers to make unrealistic **1.** about themselves and others.

Another challenge is the issue of cyberbullying. Social media platforms can provide a breeding ground for online harassment and negative social comparison, which can have a detrimental effect on teenagers' **2.** well-being. Furthermore, the constant connectivity and pressure to maintain an online persona can interfere with sleep, academic performance, and the development of essential social skills.

It is important to note that social media is not inherently good or bad. Its impact depends on how it is used. The **3.** of this article is not to demonize social media but to highlight the potential risks and encourage mindful usage. Parents and educators can play a crucial role in helping teenagers develop the digital **4.** needed to navigate the online world safely and responsibly. This includes teaching them to be critical consumers of online content, to protect their privacy, and to engage in positive online interactions.

5. the key takeaways, it is evident that social media presents both opportunities and challenges for teenagers. By fostering awareness and promoting responsible usage, we can help young people harness the benefits of social media while mitigating the potential risks.

